

## Apolipoproteins A1, B, and other prognostic biochemical cardiovascular risk factors in patients with beta-thalassemia major.

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#### Abstract

**OBJECTIVES:** The occurrence of cardiac iron deposition is one of the late effect of iron over load which causes cardiovascular disease (CVD) in patients who are affected by beta-thalassemia major. Evaluation of some cardiovascular risk factors plays a crucial role in prediction and prevention of CVD.

**SUBJECTS AND METHODS:** This study consisted of 70 young adult subjects with beta-thalassemia major (beta-TM) (aged <30 years) and 71 age- and sex-matched healthy subjects as control group in the range of 20-30 years. Hematological and biochemical laboratory parameters including apolipoprotein (Apo)A1 and ApoB, oxidative stress biomarker pro-oxidant-antioxidant balance (PAB), homocysteine, serum high-sensitivity C-reactive protein (hs-CRP), and lipid profile were evaluated.

**RESULTS:** ApoA1, ApoB, lipid profiles, and homocysteine were significantly decreased in patients group ( $P < 0.001$ ); however, very low-density lipoprotein and also mean corpuscular hemoglobin concentration ( $P > 0.05$ ) were different. Some elements included ferritin ( $P < 0.001$ ), PAB ( $P < 0.001$ ), and ApoB/apoA1 ratio ( $P < 0.05$ ) statistically increased in patients, whereas hs-CRP ( $P > 0.05$ ) was not significantly different in study groups. Exception of high-density lipoprotein ( $P > 0.05$ ), other lipid profiles, and apoB had a negative meaningful correlation with PAB ( $P < 0.05$ ). Likewise, apoA1, apoB, apoB/A1 ratio with apoB and homocysteine showed a strong correlation ( $P < 0.05$ ). We did not find a slight correlation between apoB/A1 ratio in the company of oxidative stress marker PAB ( $r = -0.366$ ;  $P = 0.086$ ). We found a statistical correlation between apoB/A1 and homocysteine ( $P < 0.05$ ).

**DISCUSSION:** Higher level of some risk factors like PAB values, apoB/A1 ratio concentration, and lipid profiles is able to involve in the prognostic pathological consequences in patients with beta-thalassemia major. Even so, they contribute toward the gradual development of CVD.

**KEYWORDS:** Apolipoprotein; Beta-thalassemia major; Cardiovascular disease; Oxidative stress

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